

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-30-07)

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B020 – CHEESE, MOZZARELLA, LITE, LOAVES, FROZEN, 6 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Lite mozzarella cheese is made from cows' milk and other ingredients such as enzymes and salt. It contains less fat than regular mozzarella cheese, with a maximum of 10.8% milk fat. Lite mozzarella cheese is an important source of calcium and also provides, Vitamin A, and phosphorus to the diet. The cheese should exhibit a smooth pliable body.
PACK/YIELD	<ul style="list-style-type: none"> 8/6 lb loaves per case. One 6 lb loaf AP yields about 24 cups shredded cheese OR about 12 cups cubed cheese and provides about 96.0 1-oz servings cheese. One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store cheese in its original container at 0 °F or lower until needed. Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Cheese, mozzarella, part skim milk

	1 oz (28 g)
Calories	59
Protein	8 g
Carbohydrate	1 g
Dietary Fiber	1.0 g
Sugars	0.32 g
Total Fat	2.5 g
Saturated Fat	2.4 g
Trans Fat	N/A
Cholesterol	9 mg
Iron	0.1 mg
Calcium	211 mg
Sodium	192 mg
Magnesium	N/A mg
Potassium	N/A mg
Vitamin A	N/A IU
Vitamin A	N/A RAE
Vitamin C	0 mg
Vitamin E	N/A mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Thaw frozen cheese in the refrigerator for 72 hours at 35 °F (best) to 41 °F (maximum) in its original wrapper to prevent moisture loss. The slower the cheese is thawed, the better. Plan your daily usage to have the correct quantity of cheese in the thawing process. Thawed cheese should be heated for 10 minutes at a temperature of 450 °F in a preheated oven. Heating the product at a higher temperature and/or for a longer period of time may cause the cheese to scorch and brown excessively. If using this product for pizza, it is also beneficial to place any additional toppings over the cheese, rather than placing cheese over the toppings. Check the cheese during use (i.e., at the beginning of the pizza-making process) and if it feels very wet, the product is not completely thawed and must be put back under refrigeration and allowed to complete the thawing process.
USES AND TIPS	<ul style="list-style-type: none"> Lite mozzarella cheese may be eaten as is with fruit, in sandwiches, or in cooked dishes such as lasagna and pizza. It may also be used as a garnish for vegetable or fruit salads or other foods.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot, and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.